



Get Ready for Your PPEs

Wednesday 13th November – Thursday 28th Nov 2024



Hilary Swank

Reese Witherspoon

Helen Mirren

Marion Cotillard

Kate Winslet

Sandra Bullock

Natalie Portman

Meryl Streep

Jennifer Lawrence



Cate Blanchett

Julianne Moore

Brie Larson

Emma Stone

Frances McDormand

Olivia Colman


Renée Zellweger

Frances McDormand

Jessica Chastain

Michelle Yeoh

Emma Stone



Write down as many of the
20 Names as you can

60 Seconds



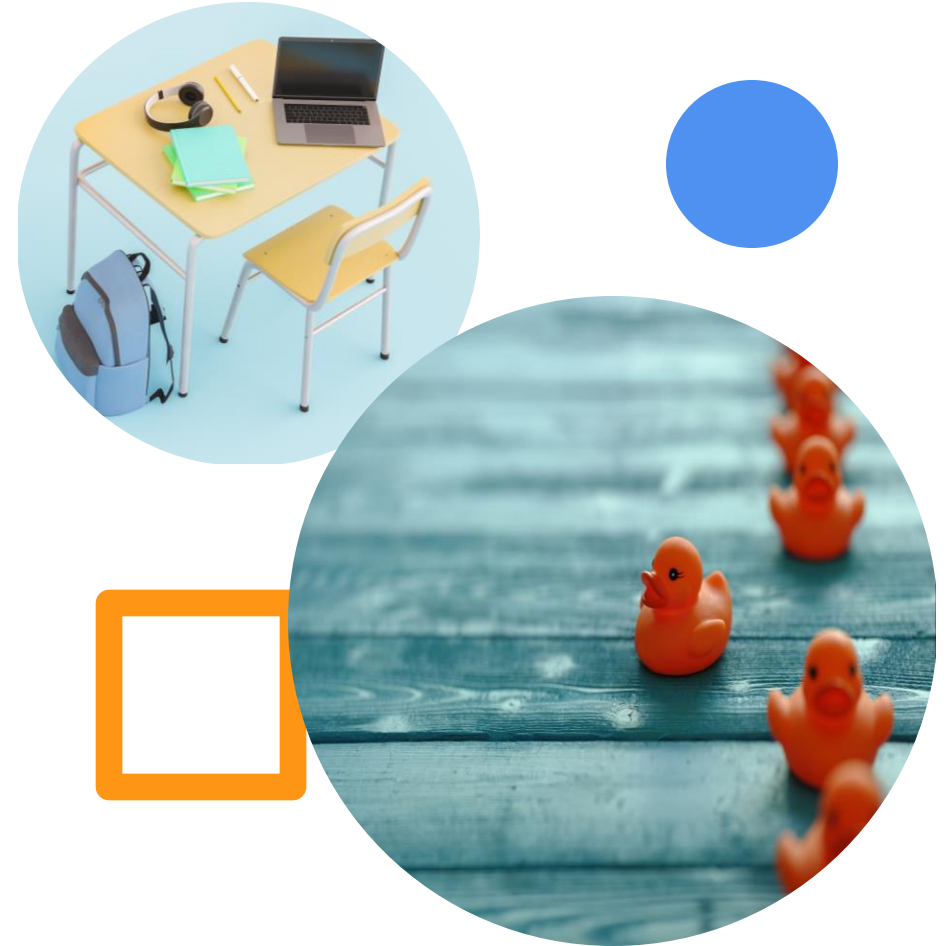
Get
Organised!

**Plenty of time
between now and the
start of the exams to
make a difference**

Start with the basics

Get Your Ducks in a Row

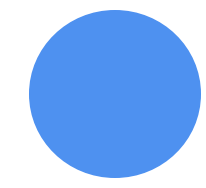
- PLCs
- Notes and Folders
 - Chronological?
 - By subject/topic?
- Exam Timetable
- Revision Timetable
- Quiet and organised space to work at
- All the material things you need to work
 - Pens/Pencils
 - Paper
 - Practice Papers
 - Calculator



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Don't spend too long on this



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8.30am – 4.30pm	School	School	School	School	School	9.00am – 10.00am	Breakfast/ Shower	Breakfast/ Shower
4.30pm – 5.30pm	Homework	Free time	Homework	Homework	Free time	10.00am – 11.00am	Revision	Revision
5.30pm – 6.00pm	Dinner	Dinner	Dinner	Dinner	Dinner	11.00am – 1.00pm	Free time/ Lunch	Free time/ Lunch
6.00pm – 7.00pm	Revision	Revision	Revision	Revision	Revision	1.00pm – 3.00pm	Revision	Socialising
7.00pm – 8.00pm	Revision	Revision	Free time	Revision/ Past papers	Free time	3.00pm – 5.00pm	Socialising	Revision
8.00pm onwards	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	Down time/ Relaxation	6.00pm onwards	Dinner/ Downtime	Dinner/ Downtime

Timetable

- **Worth doing if you are going to stick to it**

- **Don't spend too long creating**

- **Be flexible but make sure the amount of time revising stays constant**

- **Be specific for each session**

- **Subject**
- **Topic**
- **Exam practice**
- **Skills practice**
- **Type of revision**



Timings

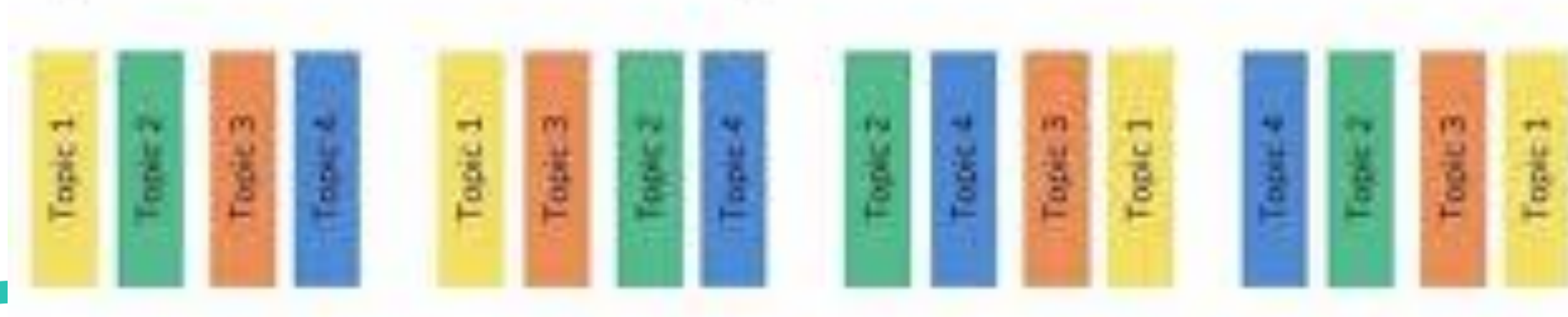



- Factor in Breaks
- 5 Minutes Max
- Avoid distractions

Interleaving



Space out and interleave topics





The way to get started
is to quit talking and
begin doing.

Walt Disney



How can we remember the things
we want to remember?

Memorise these words

Vase

Tiger

Book

Cushion

Piano

Hat

Teapot

Camera

Ice Cream

Spade

House

Orange

Now answer these questions:

1. How many of the words have an 'o' in them?
 2. Which might be used to drink water from?
 3. Which of them can you currently see in this room?
- Who does better? What can we learn from this?

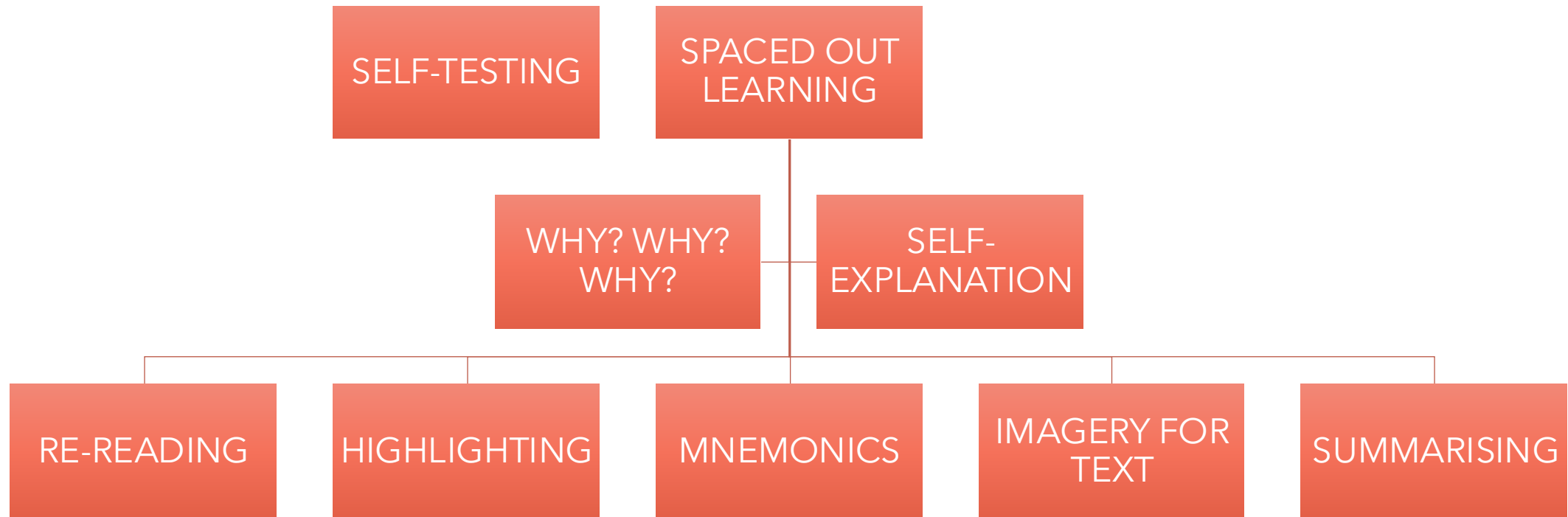
THE PALEST INK
IS BETTER THAN
THE BEST MEMORY.

CHINESE PROVERB

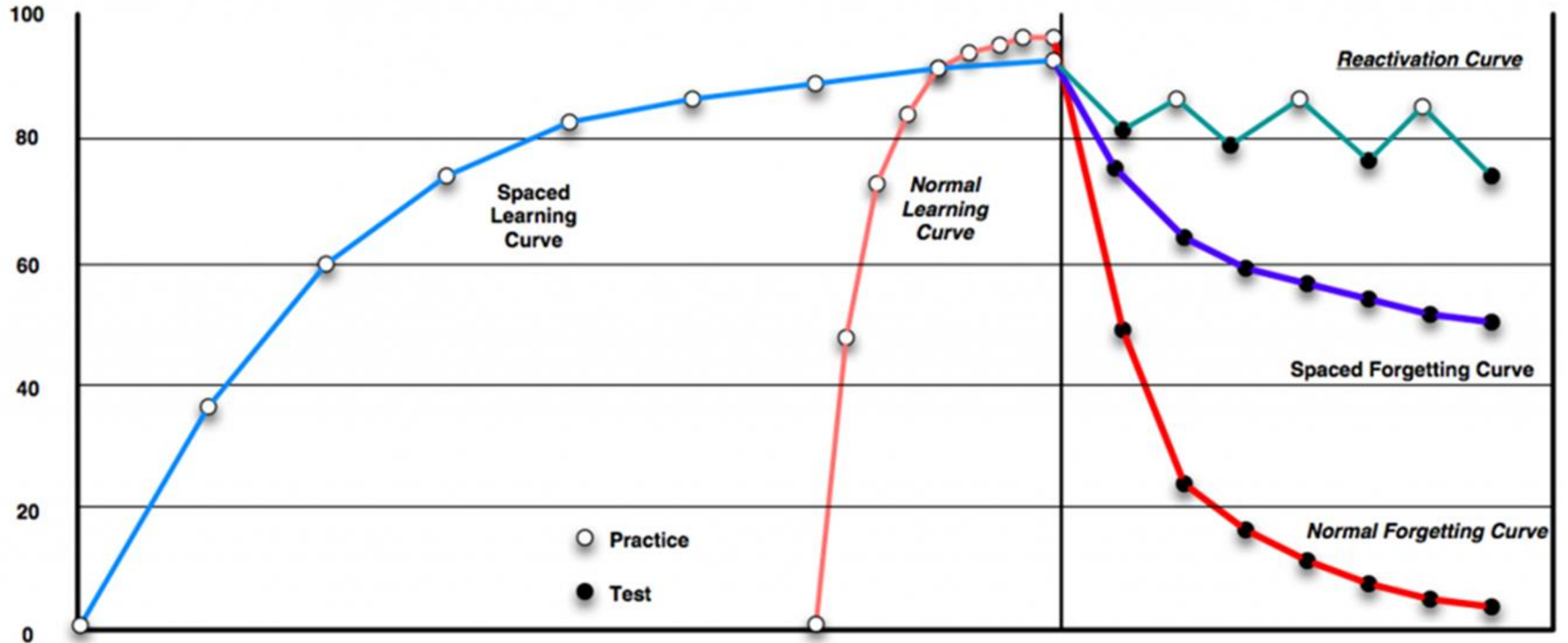
Order these from most to least effective as revision techniques

SPACED-LEARNING
IMAGERY
RE-READING
SELF-EXPLANATION
MNEMONICS
HIGHLIGHTING
WHY?WHY?WHY?
SUMMARISING
SELF-TESTING

What are the most effective revision techniques?



Spaced out learning



Adapted from Thalheimer, W. (2006). *Spacing Learning Events Over Time: What the Research Says*. Work-Learning Research, Inc.

Add Context and Detail - Ask Questions - Write Down

The last 20 Leading Actress Oscar Winners

2005: Hilary Swank (Million Dollar Baby)

2006: Reese Witherspoon (Walk the Line)

2007: Helen Mirren (The Queen)

2008: Marion Cotillard (La Vie en Rose)

2009: Kate Winslet (The Reader)

2010: Sandra Bullock (The Blind Side)

2011: Natalie Portman (Black Swan)

2012: Meryl Streep (The Iron Lady)

2013: Jennifer Lawrence (Silver Linings Playbook)

2014: Cate Blanchett (Blue Jasmine)

2015: Julianne Moore (Still Alice)

2016: Brie Larson (Room)

2017: Emma Stone (La La Land)

2018: Frances McDormand (Three Billboards Outside
Ebbing, Missouri)

2019: Olivia Colman (The Favourite)

2020: Renée Zellweger (Judy)

2021: Frances McDormand (Nomadland)

2022: Jessica Chastain (The Eyes of Tammy Faye)

2023: Michelle Yeoh (Everything Everywhere All at Once)

2024: Emma Stone (Poor Things)

TESTING

- Thinking about the list of Oscar winners...
- Work in pairs to test each other
- One face the board and ask questions. Then switch.
- Which year? What film? Who has won the most?

<https://teacherhead.com/2019/03/03/10-techniques-for-retrieval-practice/>

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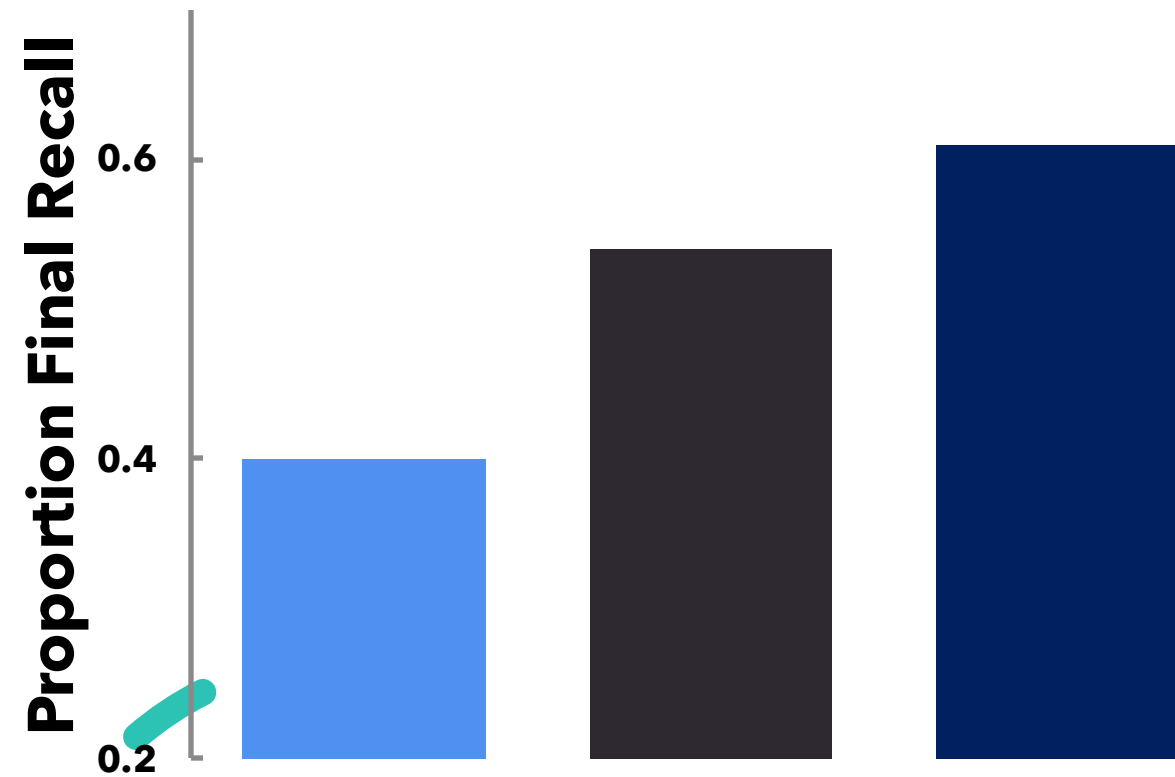
Re-Reading v Testing

Reading, Reading,
Reading, Reading

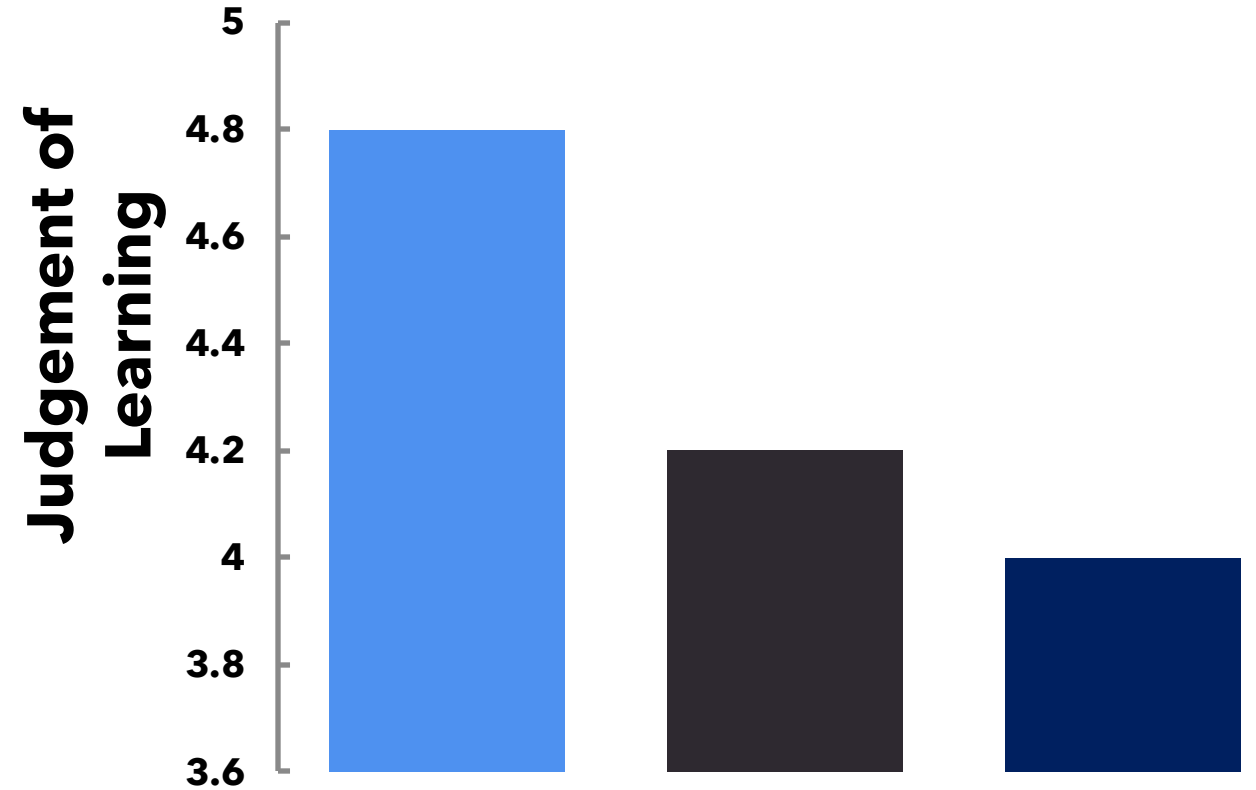
Reading, Reading,
Reading, Testing

Reading, Testing,
Testing, Testing

Final Exam Performance



"Did it Help Me?"




What is wrong with this picture?



Let's try learning in this:





I keep dreaming of my graduation exam:
in a window sit two chained monkeys,
beyond the window floats the sky,
and the sea splashes.

I am taking an exam on the history of mankind:
I stammer and flounder.

One monkey, eyes fixed upon me, listens ironically,
the other seems to be dozing--
and when silence follows a question,
he prompts me
with a soft jingling of the chain.



Wisława Szymborska

A close-up photograph of a brass door handle on a dark green door. A white rectangular sign is hanging from the handle. The sign has the text 'PLEASE DO NOT DISTURB...' printed in a black, serif font. The background is dark green, and there are some teal decorative elements on the left and right sides of the image.

**PLEASE
DO NOT
DISTURB...**

Telling stories and elaborative questioning.

- Remember the following Halogens:

Group 7 element	Properties	Typical use
Chlorine	Green gas	Sterilising water
Bromine	Orange liquid	Making pesticides and plastics
Iodine	Grey solid	Sterilising wounds

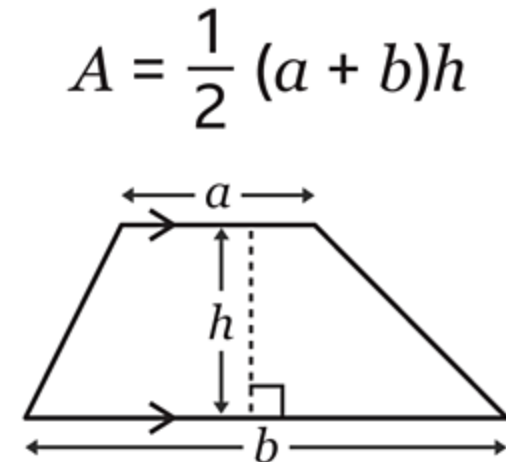
- Create a story and use the why?why?why? technique to try and memorise the information about them.

Chunking, Acronyms and Silly Sentences

- Remember this number: 280319851986
- Now try it like this: 28/03/1985-1986
- Why is SOHCAHTOA useful?
- Why do we say Richard of York gave battle in vain and naughty elephants squirt water?
- In what other ways can we chunk, use acronyms or silly sentences?

Be Creative, Be Silly

🎵 🎵 "Half the sum of the parallel sides
Multiply by the length between them
That's the way we can find
The Area of a Trapezium" 🎵 🎵



Skills Practice

- Lots of subjects require you to apply methods and techniques rather than recall content
- Revision for this should involve lots of practice
- Use practice websites and apps
- Work through examples, watch videos
- Complete practice questions
- Test yourself - e.g. 5 in a row
- Interleave your practice - don't practice the same thing over and over



SENECA

Free interactive content to
keep students engaged

BBC
Bitesize



gcsepod

PIX

Useful Revision Aids/Tools

- **Do you know/use any others?**
- **Share with the people next to you**



Revision Top 10



Make a plan

To avoid running out of time, list topics and tasks, and schedule them into the time you've got. Leave some gaps: things can take longer than you expect.



Get stuff organised

Avoid faff. Gather what you need. Make revision folders and OneNote sections for re-usable revision notes/flashcards etc.



Find your place

Create a revision space that really works for you, whether that's tucked away, or at the kitchen table.



Get into good routines

Work when you're fresh. End each day by ticking off what you've achieved. Get ready for tomorrow. Then wind down before bed.



Brain work out

Real revision is ACTIVE. Re-reading makes material feel familiar but doesn't really help you LEARN it. For that, you need to retrieve knowledge and think hard.



Test Match

Keep testing yourself. Get someone else to. Include question prompts in notes. Use flashcards. Answer past paper questions/plan essays, then check and fill the gaps.



Space it out

To really learn something, don't cram. Self-test more than once, over time. Key terminology, formulas, grammar and vocabulary really need this little-and-often approach.



Love your brain

Eat and drink regularly; take brain breaks; get fresh air and exercise.



Sleep!

It's essential for memory and mood. Stick to a regular bedtime and resist the lure of scrolling before lights out.



Team work

You have a team of family and friends on your side. Ask for help when you need it, whether that's a pep talk, someone to test you on a topic, or a cup of tea.

THINK BIG

START SMALL

LEARN FAST

